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T.O.'s holiday heroes head home at last

Manitoba Hydro workers return for late Xmas **PAGE 2**

Meat, cheese, grapefruit and ... sprinkles?

One odd dish in anticipation of Chopped Canada **PAGE 8**

Easy come, easy goes \$600,000

Local lottery winners bestow big cheques on charities **PAGE 3**

You call that cold?

A Red Wings fan, who should be grateful the NHL Winter Classic wasn't held in Winnipeg, watches his team take on the Maple Leafs in Ann Arbor, Mich., on Wednesday. The Leafs won 3-2. **SEE STORY ON PAGE 13**

CARLOS OSORIO/THE ASSOCIATED PRESS

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Manitoba Hydro workers return to Winnipeg after giving up their Christmas time with their families to help restore power in Ontario. SHANE GIBSON/METRO

Giving up Christmas to help others have theirs

Helping hands. When Ontario was hit with a freak ice storm, 'Tobans were ready to lend a hand to restore the province's power

Several dozen workers returned home to Manitoba

on Tuesday after spending a week helping restore power in southern Ontario.

About 45 Manitoba Hydro employees gathered in the Perimeter Aviation hangar Tuesday evening to greet family and wish them a Merry Christmas — a few days late.

"It was tough, but we knew we were going there for a good cause, to help other people who weren't

having a good Christmas," said Rowan Andrelunas, a lineman with Manitoba Hydro who told Metro he had a rushed present-opening with his wife and three kids before answering the call to help. "Maybe we'll have another little Christmas now that I'm back and celebrate it again."

Andrelunas said he and the other Manitoba Hydro employees worked 14-hour

days while they were away.

"It's nice to be back home," he said just minutes after touching down in Winnipeg.

Southern Ontario experienced a freak ice storm just before Christmas, leaving more than 300,000 without power. People were literally skating in the streets in cities like Kingston.

It took more than a week

to fully restore everyone due to the slippery conditions, countless downed trees and cold weather.

Toronto Deputy Mayor Norm Kelly said the final bill for restoring power to its citizens will likely reach \$10 million, and cleanup will take two months.

SHANE GIBSON AND ELISHA DACEY/METRO WITH FILES FROM TORSTAR NEWS SERVICE

'Good support at home'



my wife knew what they were going through (in Ontario)."

Trevor Froese, a Manitoba Hydro worker from Steinbach, Man., who spent Christmas away from his wife and two-year-old daughter.

"It was a tough decision, but I had good support at home and

'They have kids too'



know, they have kids too, and they need heat in their houses."

Jared Anderson, operator with Manitoba Hydro, who left his wife and three children to help after the ice storm.

"Those people needed help. You could see the devastation they had — you

'You do what you can'



You do what you can."

Gord Funk, Manitoba Hydro worker, who left his wife at Christmas to help restore power in Ontario.

"There's people without power and we're going there to help.

Residents 'very happy that we came'



that we came and gave up our Christmas to help them out."

Rowan Andrelunas, a lineman with Manitoba Hydro, and father of three from Winnipeg.

"The residents in Toronto were really glad to see us ... everyone was very happy



Bringing in the new year, baby

Samuel Warren De Viet is Winnipeg's New Year's Baby. Weighing in at seven pounds 11 ounces, Samuel was born at 12:04 a.m. on Jan. 1 at the Health Sciences Centre and is doing fine.

COURTESY WINNIPEG REGIONAL HEALTH AUTHORITY

MPI releases annual list of biggest fraudsters

Manitoba Public Insurance says its investigations saved ratepayers \$8 million last year, and it has released a list of the top frauds they uncovered in 2013.

The Crown-owned insurance company says one of the cases involved two men who staged a collision with their high-end cars.

The pair claimed they didn't know each other, but they were actually business partners and police later spotted them riding in the same vehicle during a business trip.

Claims

3,000

Manitoba Public Insurance says its special investigations unit probes about 3,000 claims each year.

Another fraud had a more serious tone and involved a fatal collision between a vehicle and a train.

According to the insurance company, the vehicle driver had a blood-alcohol content that was twice the legal limit,

but he told investigators his dead passenger had been the one at the wheel.

A camera in the locomotive eventually proved him wrong.

It resulted in the man's personal-injury protection plan benefits being denied based on the involvement of alcohol.

The savings to Manitoba Public Insurance premium payers was about \$150,000.

The insurer says its special investigations unit probes about 3,000 claims yearly.

THE CANADIAN PRESS

Millionaires give cheques to 6 charities

Marie and Kirby Fontaine. Winners of \$50M 649 draw donated \$100K to each organization

At least six Winnipeg charities have received large donations from a pair of Manitoba millionaires.

Marie and Kirby Fontaine won \$50 million in a Lotto 649 draw in 2009.

Since then, the couple from the Sakgeeng First Nation has been regularly donating to charities.

On Monday, they visited the offices of Winnipeg Harvest, Rossbrook House, the Christmas Cheer Board, Siloam Mission, the Dream Factory and the Children's Hospital Foundation of Manitoba.

They wrote each organization a cheque for \$100,000.

Quoted

"We were looking at a sizeable deficit and guess what — it doesn't exist anymore.... They made our year look just great."

Kai Madsen of the Christmas Cheer Board, on the \$100,000 the charity organization received from a pair of Manitoba millionaires



Marie and Kirby Fontaine present Grace Thomson, left, with a \$100,000 cheque for The Dream Factory. COURTESY THE DREAM FACTORY

Kai Madsen from the Christmas Cheer Board says the donation sets up the organization nicely for its 2014 season.

"We were looking at a sizeable deficit and guess what — it doesn't exist

anymore," said Madsen, who made a plea earlier in the week for cash to cover a \$40,000 shortfall. "They made our year look just great."

"We were totally amazed and thrilled to be the recipient of such a substantial donation," said Grace Thomson, executive director for The Dream Factory.

"This donation will go such a long way in helping The Dream Factory to continue to make dreams come true for some very special Manitoba children." **METRO**

Arthur-Virden, Morris

Byelections called for two Manitoba ridings

Two provincial byelections have been announced for Manitoba.

Premier Greg Selinger says voting has been scheduled for Jan. 28 in Arthur-Virden and Morris.

The vacancy in Arthur-Virden was created when incumbent Tory Larry Maguire left to eke out a narrow win in a federal byelection.

The Morris seat was vacated by the retirement of fellow Conservative Mavis Taillieu.

THE CANADIAN PRESS

West End

Teens charged after bringing gun to party: Police

A group of uninvited teens are facing charges after one pulled out a gun when they were asked to leave a party in the West End on New Year's Eve, police said.

No shots were fired but police were called to a home in the 700 block of Beverly Street around 2 a.m. Dec. 31 after one of the three suspects allegedly pulled out a gun when a 33-year old man asked them to leave. Patrick Roy Lavelley, 19, and two 17-year-old males have been charged with several offenses. **METRO**

Two men charged

Drugs, guns found in Crestview raid

Two men are facing charges after police found a semi-automatic handgun, body armour and drugs during a raid at a Crestview area home on New Year's Eve.

As well as the gun and armour, cops seized nearly 20 grams of cocaine, 38 grams of pot, about \$5,500 in cash and a collapsible baton from a residence in the 700 block of David Street.

Jesse Carl McMillan, 26, of Winnipeg and a 52-year-old Winnipeg man are both facing several drug- and firearm-related charges.

METRO

Palestinian ambassador to Czech Republic killed by exploding safe

Booby-trapped?

Foreign minister says no foul play suspected in apartment blast

The Palestinian ambassador to the Czech Republic died Wednesday in an explosion that occurred when he opened an old safe that had been left untouched for more than 20 years, officials said.

Ambassador Jamal al-Jamal, 56, was at home with his family at the time of the explosion, according to Palestinian Embassy spokesman Nabil El-Fahel. Al-Jamal was seriously injured and rushed to a hospital where he died, according to police spokeswoman Andrea Zoulouva.

Palestinian Foreign Minister Riad Malki said no foul play was suspected, noting that the safe had been left untouched for more than 20 years.

It also appeared that the door of the safe had been booby-trapped, according to Zoulouva. It was unclear how al-Jamal tried to open it or what

type of safe it was.

The safe was recently moved from the old embassy building, but it had come from a building that used to house the Palestinian Liberation Organization's offices in the 1980s, Malki said.

"The ambassador decided to open it. After he opened it, apparently something happened inside (the safe) and went off," Malki told The Associated Press.

It was not immediately clear how Malki knew the safe had been untouched for more than 20 years or why and when the safe would have been booby-trapped.

During the 1980s — before the fall of the Soviet Union — the PLO had close ties with the Eastern bloc countries. In recent years, relations have been tense and the Czech government was seen as taking Israel's side in the Mideast conflict, said Nabil Shaath, a foreign affairs veteran and official in Palestinian President Mahmoud Abbas's Fatah movement.

"The safe was sitting ... in ... the old embassy.... No one had touched it for 20 to 25 years," Malki said. **THE ASSOCIATED PRESS**



Firemen lay on the ground near the residence of Jamal al-Jamal, Palestinian ambassador to the Czech Republic, in Prague on Wednesday. The ambassador died in an explosion that occurred when he opened an office safe that officials say had been left untouched for more than 20 years. A Palestinian official says foul play is not suspected. Inset: A recent photo of Jamal al-Jamal. KATERINA SULOVA/CTK/THE ASSOCIATED PRESS; INSET: KRUMPHANZL MICHAL/CTK/THE ASSOCIATED PRESS FILE

Tamil MP says Sri Lanka officials threatened to arrest, deport her



NDP MP Rathika Sitsabaiesan rises during Question Period in the House of Commons in October 2012. Sitsabaiesan claims she faced "political intimidation" during a visit to her native Sri Lanka. ADRIAN WYLD/THE CANADIAN PRESS FILE

A New Democrat MP of Tamil heritage says she experienced "political intimidation" during a private visit to her native Sri Lanka, but that authorities stopped short of trying to kick her out of the country.

In a statement issued Wednesday, Rathika Sitsabaiesan said she was warned by Sri Lankan officials that she could be arrested and deported.

Canadian officials were scrambling on New Year's Eve to determine the veracity of reports that Sitsabaiesan, a Toronto-area MP, had been placed under house arrest.

Sitsabaiesan said in the statement that she had received word from the Canadian High Commission in Colombo that there was in fact no Sri Lankan arrest warrant in her name.

"My experiences since arriving in Sri Lanka are a reminder that defending principles of human rights is not easy," Sitsabaiesan said in the statement.

THE CANADIAN PRESS

Fighting for human rights

Sitsabaiesan, 32, came to Canada with her family at age five and was elected to the House of Commons in 2011 in the Toronto-area riding of Scarborough-Rouge River.

- She took on a prominent role in New Democrat efforts to urge Stephen Harper to boycott a meeting of Commonwealth leaders that was held in Sri Lanka in November.

- Harper had indicated he was giving the meeting a pass in protest of the Sri Lankan government's human-rights record.

- The NDP and others have called for the government to submit to an investigation into alleged war crimes during the country's lengthy civil war.

Coded message? Vodafone Egypt ad rouses suspicion

Prosecutors have questioned officials in one of Egypt's largest telecommunications companies over an online advertisement, which a controversial blogger has accused of delivering a coded message linked to the Muslim Brotherhood, the company said Wednesday.

The accusations made against Vodafone Egypt's ad, starring well-known puppet Abla Fahita, come shortly after the government designated the Brotherhood a terrorist organization.

Ahmed "Spider," a self-styled youth activist, says code about an upcoming attack is included in the details of the puppet ad.

In it, Fahita and her daughter search for her deceased husband's sim card, while talking about another character, "Mama Touta."

Spider said a mall and dog mentioned refer to the planned site of the attack, and "Mama Touta" is the Brotherhood's secret name. **THE ASSOCIATED PRESS**

Cayman Islands cruise

Canadian may have fallen off ship

Police in the Cayman Islands said Wednesday that they suspect a Canadian cruise ship passenger may have fallen off the boat as search crews scoured waters around the British Caribbean territory. Police said they believe the unidentified 65-year-old man may have fallen on Tuesday.

THE ASSOCIATED PRESS

Former Israeli PM

Sharon's health takes a bad turn

The medical condition of the comatose former Israeli Prime Minister Ariel Sharon sharply deteriorated Wednesday, the hospital treating him said. Sharon, 85, has been in a coma since 2006, when a devastating stroke incapacitated him at the height of his political power.

THE ASSOCIATED PRESS

Putin visits bomb-rocked city, says 'no justification' for attack

Fears ahead of Sochi.
Russian president talks security with officials as Volgograd survivor tells him city's spirit 'can't be broken'

Russian President Vladimir Putin made a pre-dawn visit Wednesday to the city reeling from two suicide bombings this week, bringing gestures of sympathy for the victims and questions for the officials he has ordered to beef up security.

The bombings at the main railway station of Volgograd and on a city trolleybus killed 34 people and wounded scores, 65 of whom are hospitalized.

No claim of responsibility has been made for the attacks, but they come a few months after the leader of an Islamic insurgency in Russia's south called for attacks in the run-up to February's Winter Olympics in Sochi.

"Whatever motivated the criminals' actions, there's no justification for committing crimes against civilians, especially against women and children," Putin said, opening a meeting in Volgograd with the heads of the Federal Security Service and Interior Ministry.

He said he would ask the two officials in the closed-door session for details on what measures their agencies are taking to raise security in the country.

Afterward, Putin placed a bouquet on the pile of flowers, balloons and other items that has risen at the site of the bombing, and then visited a hospital where some of the wounded are being treated.

Television footage showed Putin meeting with an unidentified female victim who told him from her bed that "Volgograd people have a strong spirit and just can't be broken."

Volgograd, a city of about one million, has been under heavy security since the Sunday and Monday attacks. Police

Vulnerabilities exposed?

Organizers have introduced some of the most extensive identity checks and security measures ever seen at an international sporting event.

- But the bombings show how public transit in Sochi and sites away from the venues are vulnerable.

reinforcements and paramilitary troops were sent into the city.

As part of the tightened security, police and sniffer dogs have checked some 2,700 residential buildings, along with bus stations, parking lots and other structures, the city's police department said, according to the ITAR-Tass news agency.

City authorities cancelled public New Year's Eve gatherings and have closed movie theatres until Thursday.

Suicide bombings have rocked Russia for years, but the



Russian President Vladimir Putin greets a victim of recent terrorist attacks as he visits a hospital in Volgograd, Russia, on Wednesday. ALEXEI NIKOLSKIY/RIA-NOVOSTI/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

insurgents seeking to create an Islamic state have largely confined their attacks to the North Caucasus region in recent

years. The blasts in Volgograd signalled that militants want to show their reach outside their native region. Volgograd

is about 300 kilometres north of the Caucasus and about 690 kilometres northeast of Sochi.

THE ASSOCIATED PRESS

Experts warn of image theft via 'data scraping'



The lack of online privacy was highlighted last year when a photo of Rehtaeh Parsons was used in a dating website's Facebook ad.

FACEBOOK/THE CANADIAN PRESS

When a photo of the late Rehtaeh Parsons was used for a dating website's Facebook ad last year, the misappropriation of her image shocked those who saw it, but it should have also been seen as a warning, say privacy experts.

Having a photo stolen and re-posted elsewhere online could just as easily happen to any of the millions of Canadians who regularly post images to the web without a second thought.

"Many of us are sharing images without considering how others may use them or how

we may lose control," says Marianne Merritt, the Internet safety advocate for security software maker Norton.

Last September, ads for the now defunct ionechat.com featured photos of Parsons with the text, "Find Love in Canada!" The online backlash prompted the company and Facebook to apologize and pull the ads.

It's possible the images of many other Canadians were swept up in 2012 as part of a digital art project hosted at Lovely-Faces.com.

The website was designed to look like an online dating ser-

vice and included fake profiles based on images and data taken from one million Facebook users who had their privacy preferences set to public.

The partners behind the project, Paolo Cirio and Alessandro Ludovico, say it was easily put together because of a process called data scraping. They wrote a simple program that allowed them to collect Facebook data that was publicly available to anyone and everyone.

"Facebook tries to expose as much as it can. They want search engines indexing that

personal information," says Cirio. "And because of that it was pretty easy to harvest that data."

The website has since been taken down, and Cirio says the project wasn't meant to be nefarious and was designed as a social commentary on the dangers of posting private information online.

Merritt says even experts find themselves making mistakes online. "You've heard the stories where kids have an ... embarrassing image, and adults too, and it becomes an Internet meme." THE CANADIAN PRESS

Surrey, B.C.

Police investigate 'suspicious' death of woman who fell from high-rise

Police are investigating what is being termed a "suspicious death" in Surrey, B.C. Media reports say a woman fell from a high-rise in the

city's north end Wednesday and that one person is in custody.

But police have yet to comment on the incident other than to say they are investigating.

The city recorded two dozen homicides in 2013, breaking a record and forcing the mayor to launch a task force to solve the problem.

THE CANADIAN PRESS

Rewind

Sask. pair have a blockbuster idea: Rent out VHS films

A couple of Saskatoon movie buffs are reaching into their personal collections in hopes of reviving a staple of the last century — the VHS movie rental.

Jon Vaughn and Tyler

Baptist estimate they have a collection of about 2,000 VHS tapes, and say they've been lending out their movies to friends for years and thought they should just start renting them.

The pair, whose store is called Videonomicon, say they'd hate to see their favourites lost forever.

The store will also rent VCRs to play the tapes.

THE CANADIAN PRESS

What happens in Vegas

Sweet retirement o' mine: Cop quits after rocker's stunt

A Las Vegas police captain who helped a rock star pull off an elaborate wedding proposal by arranging a flight on a department helicopter has retired rather than face demotion.

The agency confirms Capt. David O'Leary faced demotion for helping arrange the Aug. 7 flight for Guns N' Roses guitarist Daren Jay Ashba and actress Nathalia Henao. O'Leary instead retired on Dec. 20.

Police officials say officer Ray Horsley, who piloted the helicopter, will no longer be allowed to fly for the department.

THE ASSOCIATED PRESS

Joe CEO making 171 times more than Joe Schmo

Life found in 'economic stratosphere.' Report out on Canada's top 100

Five years after the Great Recession wiped out thousands of jobs, Canada's top 100 CEOs continue to live in the "economic stratosphere," a study says.

They earned an average of \$7.9 million in 2012, a report by the Canadian Centre for Policy Alternatives found. In comparison, the average Canadian earned \$46,634, the study noted. That means Canada's top CEOs earned 171 times the average industrial wage.

Despite growing outcry over the widening income gap and soaring executive pay, very little has changed since 2008,

when rules on how stock options should be valued were changed, the report says.

"For me, the remarkable thing about the last two or three years is what's not happening: ... Any moderation despite the focus on the one per cent, despite the constant stories about excessive executive compensation.... Despite all of that pressure, these salaries have been remarkably resilient," says Hugh Mackenzie, an economist with CCPA.

Put another way: By 1:11 p.m. today, the top 100 CEOs will have earned as much as the average Canadian earns all year, according to the report, called All in a Day's Work? CEO Pay in Canada. The main driver of soaring pay is grants of shares and stock options.

There's still no clear rela-

Top 5 CEO earners (2012)

- **\$49M.** E. Hunter Harrison, Canadian Pacific Railways Ltd.
- **\$18.8M.** James C. Smith, Thomson Reuters Corp.
- **\$18.67M.** John A. Manzoni, Talisman Energy Inc.
- **\$18.66M.** Paul N. Wright, Eldorado Gold Corp.
- **\$16.85M.** Donald J. Walker, Magna International Inc.

tionship between CEO compensation and corporate performance, the report concludes.

TORSTAR NEWS SERVICE



Green stands for cash, envy and pot

Tyler Williams of Blanchester, Ohio, selects marijuana strains to purchase at the 3-D Denver Discrete Dispensary on Wednesday in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on what some have referred to as Green Wednesday. **THEO STROOBER/GETTY IMAGES**



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2014: THIS TIME FOR SURE

The word "resolution" is from the Greek meaning, "something you tell people you're going to do that makes them say, 'good for you!' and then you feel good but you don't actually do the thing you said because the pat on the back from the people you told was more than enough satisfaction."

This is why resolutions are all Greek to me. (Ha!)

I've made bachelorhood-related resolutions many times since I started writing a weekly column in 1957, so I'll be taking the idea one step farther in 2014 by following through on a few of them. It's worth a shot.

It's necessary because even I've got to admit my bachelorhood lifestyle is getting out of hand. If I died today my obituary is pretty much guaranteed to include the word "squalid."

It has to change, which is why I present:

John's Bachelorhood Resolutions 2014: This time for sure



HE SAYS
John Mazerolle
metronews.ca

my angle slightly in the mirror is not the same as weight loss, and that mixing two different flavours of Campbell's Soup is not a "recipe."

- I resolve to stop passing off the coloured mould in the bathroom as "accents."
- I resolve to throw out my spoiled milk instead of just sliding in new cartons next to the old ones until my fridge door looks like The Two Per Cent Milk Carton Museum and Café. Alternatively, I vow to claim that the two per cent fridge wall is a Damien Hirst installation entitled The Twelve Sacraments and cash in.
- I will note the irony of only cleaning up when I expect the arrival of the cleaning lady.
- I resolve to make my spice rack more relevant than the Spice Girls.
- I will learn that girlish screams are not enough to lift tough stains, that changing

- I vow to use my vacuum cleaner at least as often as I open my Drawer o' Random Cords. (I do that often, though I'm never sure why.)
- I will use only toilet paper as toilet paper. I don't get to hum the MacGyver theme because I found an alternative use for the coffee filters.
- I resolve to value my sunroom as a cherished part of my apartment instead of the place I throw recycling, DVDs without cases, books without shelf space, garbage bags containing things I'm not certain I remember, and deceased organisms.
- If I choose to procrastinate on all of these resolutions, I need a better excuse than, "My favourite Internet is on."

And those are my resolutions.

In 2014, won't you drop by my apartment to see how well I'm doing?

Please note that the Public Health Agency recommends a tetanus booster for anyone visiting my apartment and requires proof of immunization against Japanese encephalitis for some reason. See you soon!

ZOOM

Probably more fun than whatever you did:



Snapshots of New Year's celebrations around the world:

Indonesia

Girls in traditional costumes gather during a parade for the last sundown of the year on Bali island. **FIRDIA LISNAWATI/ THE ASSOCIATED PRESS**

Germany

O Gunners of the historical Grenadier Corps 1810 greet the new year with 12 cannon salutes in Villingen-Schwenningen, southwestern Germany. This New Year's tradition dates back to 1633 remembering an overcome siege during the Thirty Year's War. **PATRICK SEEGER/DPA/ THE ASSOCIATED PRESS**

USA

Dick the Dog is pushed in a carriage during the Key West Dachshund Walk. About 200 canines participated in the annual procession. **ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/ THE ASSOCIATED PRESS**

Ecuador

A mask in the likeness of President Rafael Correa hangs with other masks in Quito, Ecuador. The masks are created to place on effigies that are burned at midnight. **ANA MARIA BUITON/ THE ASSOCIATED PRESS**



Clickbait



LUKE SIMCOE
Metro Online

Although the video game market is still dominated by major studios, smaller, independent developers are finding new ways to reach consumers. Increasingly, this means packaging their games together in a pay-what-you-can bundle. Here are a few sites that will help you get your hands on some new games for cheap, and maybe even help out a charity or two along the way.

humblebundle.com: The king of the bundle scene, Humble Bundle has been going strong for over three years. They typically bring in over \$1 million in sales for their packages, with the money being split between the organization, the game developers and charities like the Red Cross and the Electronic Frontier Foundation. Their games are cross-platform, and they've recently branched out to include mobile titles and even ebooks and music.

bundlestars.com: Based in the United Kingdom, this site offers bundles catering to different video game genres, from sports to role-playing games.

indieroyale.com: With a true focus on independent games, these bundles are guaranteed to include at least a few titles you've never heard of.

Twitter

A woman finds what she describes as a "very lethargic" snake in a curbside couch months after she initially picked it up. What's the weirdest thing you ever picked up with a roadside freebie?

@thewrongshoes: a rat had babies inside a sofa bed we never opened. sat on them & squished them. found out when they started to rot

@SUNAllisonSalz: Saw a computer. Took it home. Realized why it was free. Put it back.

@EminaKosjenka: Friends got couch that kept hemorrhaging money on the way home! They plan on loading it w/change when they done w/ it.

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He keeps on rockin' and stompin'

Greg Rekus.

Musician brings a few more friends into the fold for his sophomore album



BACKSTAGE PASS

Jared Story
winipeg@metronews.ca

Armed with an acoustic guitar and a tambourine-clad stomp box, Winnipeg musician Greg Rekus often gets the "one-man band" tag, a musical term that, according to The Simpsons, will get you attacked by a monkey.

Not one for provoking primates, the former High Five Drive frontman decided to add more musicians to the mix on his second album, Punkoustic.

"One-man band has a kind of cheese factor to it," Rekus says. "When someone says 'one-man band,' I imagine the guy with the bass drum on his back and the cymbal. That's cool, but it wasn't really my vision."

"Also, my live show is interactive and I'm on and off the stage, I try really hard to make the audience a part of the show, but when you take the CD (2011's *The Dude Abides*) home, that element isn't quite there. It's not quite the same. I felt on this album I needed something a little extra to keep up with the live show."

On Punkoustic, Rekus is joined by bassist Nick Kouremenos (*This Is A Standoff*) and drummer Jaime Carrasco (*Flying Fox* and the *Hunter Gatherers*), as well as guest appearances by Darryl Reilly (saxophone), RJ Daniels (backing vocals) and John Paul Peters (fiddle).

Additional musicians result in a much fuller sound, but when it comes to sheer volume, Rekus hasn't had any problems



Stompin' Greg Rekus stomps into the Park Theatre on Wednesday. CONTRIBUTED

going it alone.

"There have been venues that have told me 'You've got to stop. It's too loud,'" Rekus says.

"I played the Pouzza Fest in Montreal earlier this year. I was playing outside and I was given'er and the police came and told us we needed to shut it down because it was too loud. I felt pretty good about that."

With a chord progression similar to Green Day's *Hitchin' a Ride*, *Oil in the Ground* is one Punkoustic song with police-

Quoted

"When someone says 'one-man band,' I imagine the guy with the bass drum on his back and the cymbal. That's cool, but it wasn't really my vision."

Greg Rekus on not wanting to be identified as a 'one-man band'

dispatching potential. But, it's not just Rekus kicking the crap out of his stomp box.

"There's a little guitar sweep in it that I'm pretty proud of," Rekus says.

"If I really nail it, I'll see some of the guitar players in the audience give their friends the chicken wing or a nod. Keeps my credibility as a guitar player up."

Show details

Punkoustic release on Jan. 8 at Park Theatre at 8 p.m.

- **Openers.** Dust Rhinos, Cheering for the Bad Guy, Mad Young Darlings and Rockopolis PA
- **Tickets.** \$10 at the Park and ticketbreak.com or \$15 at the door.

Think on your feet to avoid being Chopped

EMILY RICHARDSON
scene@metronews.ca

What does it take to not get chopped? Skill, creativity, patience and really quick thinking. I was invited to be part of a media challenge that welcomed Chopped Canada to Food Network Canada. The show debuts Thursday on the network.

For those of you that don't know the show, here's the plot: four competitors have 20 minutes to create three spur-of-the-moment dishes from in-

gredients in a mystery basket.

So in true Chopped style, we were handed the mystery basket but organizers cut us some slack — we had 30 minutes to create our dishes, and we got a partner. I was happy to be partnered with Ania Krysa, web producer for Food Network Canada. So did we have an advantage compared to the contestants on Chopped Canada? Yes we certainly did — we could bounce ideas off each other and the two of us could gather ingredients and other equipment we needed.

Host Dean McDermott start-

ed the morning by introducing the show's judges: Lynn Crawford, Chuck Hughes, Roger Mooking, Susur Lee, Michael Smith, Vikram Vij, John Higgins and Anne Yarmowich. Then he explained the rules of engagement. On his command, Ania and I opened our basket and pulled out the ingredients one by one — yikes! — beef tenderloin, Canadian cheddar cheese, fresh grapefruit and wait for it... candy sprinkles.

That's the twist that you can expect on the show: something out of the ordinary to

throw off contestants. For Ania and me? Heck — grapefruit and sprinkles got our adrenaline pumping and our brains racing with ideas. While Ania was creating an Indian-inspired spice crust that included the candy sprinkles, I began working on the grapefruit, using some rind for the crust as well as reserving the juices for a vinaigrette that we would surely need. How would we use that cheese? Ha! Cheese tiles topped with candy sprinkles.

We were lucky because there were two of us — I can only imagine what it would

be like completing the task by myself, knowing that I'd have a chance to win \$10,000.

"Do you want to know what I really think of your dish?" Lynn Crawford asked. "Yes," we said in agreement. "I love it!" she laughed and smiled. The other media teams followed with their amazing dishes. The competition was fierce, as it will be on the show. And sadly, we were chopped — but the experience was more than I could ask for.

Chopped Canada debuts Thursday, Jan. 2 at 10 p.m. ET/PT on Food Network Canada.

Top 10 celebrity splits of 2013

It was a messy year in the world of celebrity love lives. Both longtime couples and quick-moving flames found themselves burning out. Some parted ways on good terms (at least in the media), others left a wake of gossip and resentment in their paths, and a few even found their way back to each other.

METRO WORLD NEWS



Miley Cyrus and Liam Hemsworth



Taylor Swift and Harry Styles



Michael Douglas and Catherine Zeta-Jones



Jennifer Lawrence and Nicholas Hoult



Nina Dobrev and Ian Somerhalder



Kris Jenner and Bruce Jenner



Miranda Kerr and Orlando Bloom



Katy Perry and John Mayer



Ryan Seacrest and Julianne Hough

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Audio sampled on Beyoncé single stirring up controversy

MELINDA TAUB
Metro World News

Beyoncé's new single, XO, features audio from the day of the 1986 Challenger disaster. At the beginning of the song, NASA spokesman Steve Nesbitt can be heard saying, "Flight controllers here looking very carefully at the situation. Obviously a major malfunction."

It's an excerpt from a statement he made to reporters as debris from the Challenger rained from the sky. The Challenger exploded on Jan. 28, 1986, and killed all seven astronauts onboard.

"We were disappointed to learn that an audio clip from the day we lost our heroic Challenger crew was used in the song XO," June Scobee



Rodgers, widow of Shuttle Commander Dick Scobee, told ABC News. "The moment included in this song is an emotionally difficult one for the Challenger families, colleagues and friends."

Beyoncé stopped short of offering an apology, but she did issue a statement explaining the rationale behind the sample. "My heart goes out to the families of those lost in the Challenger disaster. The song XO was recorded with the sincerest intention to help heal those who have lost loved ones and to remind us that unexpected things happen, so love and appreciate every minute that you have with those who mean the most to you."

Goodbye Uncle Phil

Fresh Prince actor James Avery dies at 65

James Avery, the bulky character actor who laid down the law as the Honorable Philip Banks in *The Fresh Prince of Bel-Air*, has died.

Avery's publicist, Cynthia Snyder, told The Associated Press that Avery died Tuesday. She did not immediately know the cause of death or where he died. Avery played Will Smith's uncle on the popular TV series. His movie credits included *Fletch*, *8 Million Ways to Die* and *The Prince of Egypt*. **METRO**



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SHOPPERS DRUG MART

A brighter 2014 in store for shoppers

Colour me good. Bold graphics, pale pastels set to add pop to your closet in 2014

Whether you're seeking to make a minor ripple or sizable splash in your wardrobe in 2014, prognosticators are hoping to help make the new year a stylish one with

predictions of noteworthy new looks in fashion. Lisa Tant, vice-president, fashion editor at Holt Renfrew, shares her views on notable trends and suggestions on how to incorporate the changes within your apparel and accessories.

Pale hues and bold blooms



When it comes to injecting a little extra colour into the wardrobe, Tant suggested opting for a softer touch in the form of a pretty pastel. "We saw pale pink, pale blue, mint green," she said. "It sounds kind of girly and you might think that sounds too sweetie pie for a lot of women. But it's being cut in really simple shapes like a pale blue



trench coat or a pale pink motorcycle jacket, a mint green pencil skirt. It's really kind of cool colours and classic pieces." For those keen to crank the colour or longing for a bolder statement in the form of pat-

tern, blooms are back in a big way. Tant pointed to emergence of large, bright, bold florals and tropical patterns for the coming year.

Feeling fringe

Expect to see a little something extra in the form of embellishments on apparel and accessories for the new year. The fringe is flowing and in abundance as a stylish addition to many key pieces. **THE CANADIAN PRESS**

Hydrating hair oils for winter

Don't underestimate the powers of frigid temperatures, biting winds and central heating to damage your hair

ROMINA MCGUINNESS
Metro World News

So many of us assume that the only time our locks deserve a little TLC — a smother of coconut oil, a drop of shea butter — is once they've been frazzled by the burning sun and dipped in sea salt. Once summer is over, you switch to richer conditioner, slip on a beanie and voilà. But that won't be enough.

Frigid temperatures outdoors, central heating indoors and biting winds can do just as much damage to your hair as 12-day beach vacay. To help, we've rounded up oils formulated with the most nourishing ingredients including avocado, olive or argan oil, to keep your hair hydrated over winter — despite the blasting heat of the hairdryer.



Moroccanoil

Treatment Light
\$50

Kiehl's

Olive and avocado leave-in cream
\$30

Sisley

Extract for Hair and Scalp
\$139



L'Oreal

Professional Mythic Oil
\$23



Ojon

Rare Blend Oil Moisture Therapy
\$49

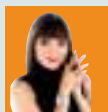


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Twitter



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Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Happy day: Perfect way to say goodbye to 2013+hello to 2014!!! X-country skiing at the farm with my family. #bliss



Me in my farmhouse kitchen with my #OrderofCanada pin! Sweetest accessory ever...

Canadian street style

Spotted in: Toronto

Name: Skye

Age: 25

Occupation:
Fashion stylist

What she's wearing

Zara coat and scarf, Rebecca Minkoff bag, 3.1 Phillip Lim boots.

Her inspiration

"London street style, i-D magazine, '90s minimalism, Hanne Gaby Odiele: off duty."

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Sparking new life into a cold fireplace

DIY. Tricks for making a hearth more welcoming range from adding pillar candles to installing a new mantle or insert

If your festive stockings are looking out of place hanging from a dated and unused fireplace, it's time to give that old hearth a facelift. Adding some simple and affordable design elements will restore the fireplace as an inviting destination to read a book or gather with friends and family.

To bring an old-fashioned design into the 21st century, consider a more in-depth overhaul that will be both stylish and energy efficient.

Bring the outdoors in

Even if a wood fire isn't in the near future, logs for decoration can give an empty fireplace some life. Try experimenting with different stacking patterns and types of wood, like birch.

White birch bark provides a nice contrast to many dark brick fireplaces and can make them look more welcoming and less like a black hole in the wall.

Shine a light with candles

For a more elegant look, replace logs with candles and go for a layered appearance using a mixture of pillar candle sizes. White or cream candles will work with almost any fireplace but get creative by adding some colour to complement the room's decor. To help fill out larger spaces, try adding an elegant cast iron candle holder.

Modernize with a new mantle

Installing a modern and stylish mantle is an easy refresh project. They can either be bought separately or as part of a larger fireplace kit for a more complete makeover. The kits come in different sizes so make sure to take measurements before visiting a store. There are legal requirements about how close materials can be installed from the fireplace opening so do

House Crashers

- For more home improvement ideas tune in to House Crashers, Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

some research before beginning to ensure you're not creating a fire hazard.

Fire up a fireplace insert

While the initial costs of installing a fireplace insert are high, it's a practical and energy efficient solution everyone should consider. Installed into an existing fireplace, inserts not only transfer more heat into the home than a traditional fireplace, but don't let the fire's energy escape through the chimney. Wood-burning inserts are available for the traditionalist, but electric or gas options are far more efficient. For safety reasons, it's recommended that inserts be installed by a professional.



Make your fireside inviting again by using the tricks and tips listed. ISTOCK



Graham and Brown's Virtue wallpaper in Pear, \$50 a roll through grahambrown.ca. COURTESY GRAHAM & BROWN

Decor

Good news for your walls

Renters, you're no longer bound to the generic white linen walls that came with your apartment. Graham & Brown's latest Element

collection from Superfresco Easy consists of six sweet nature-inspired designs that go on so easily, they claim even a kid can do it. So that means you plus three friends should have no problem covering your room, right?

Unlike traditional wall-

paper that requires glue, this easy-to-hang option is put up dry; you simply add paste to the wall. But the best part is that it's completely strippable and comes off in one piece — leaving your wall, and security deposit, intact.

METRO WORLD NEWS

WILL ARNETT BRENDAN FRASER GABRIEL IGLESIAS WITH LIAM NEESON AND KATHERINE HEIGL

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"WOODKINGS" JUNG GRAHAM MULLOY "DANIEL WOOD" PETER LEPOVITIS "PALORINE" CAMERON PETER LEPOVITIS "PETER LEPOVITIS"
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Kick off your New Year healthy eating resolutions with salmon

For a healthy start to 2014, try this baked salmon.

1. Mix all marinade ingredients and marinate salmon 1 hour.
2. Preheat oven to 425 F (220 C).
3. Remove salmon from marinade and pour into a small saucepan. Place salmon on a parchment-lined baking sheet and cook in the oven for 12–15

minutes or until desired doneness.

4. Meanwhile, bring marinade to a boil, simmer for 5 minutes and remove from heat. Add honey and reserve.
5. Place a slice of cheese on each plate, lay hot salmon over cheese and garnish with shoots and cilantro.

DAIRY FARMERS OF CANADA (ALLY-
OUNEEDISCHEESE.CA/GRANDPRIX

Ingredients

Citrus marinade

- 1/2 cup (125 ml) orange juice
- 1 tbsp (15 ml) lime zest
- 1 tbsp (15 ml) lemon zest
- 1 tbsp (15 ml) fresh ginger, chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fresh cilantro, chopped
- 1 tbsp (15 ml) honey
- 2 cloves garlic, chopped
- 2 green onions, chopped

- Freshly ground pepper

Salmon

- 8 salmon fillets, 5 oz (140 g) each
- 1 tbsp (15 ml) honey
- 6 oz (180 g) Le Noble cheese, cut into 8 slices
- 1 cup (250 ml) snow pea or sunflower shoots
- 1/2 cup (125 ml) fresh cilantro

Asian-Baked Salmon with Le Noble Cheese



This recipe serves eight. DAIRY FARMERS OF CANADA

Mind the App

Cooking Matters



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

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Stretch your money and tighten your waistline with these health-conscious, calorie-counting recipes aimed at helping families through lean times.

Highlights include cornbread-crusted chicken, cranberry walnut coleslaw and orange oatmeal pancakes.



Brave the cold for Smoked Salmon with Compote

This blueberry compote drizzled over smoked salmon (another super nutritious superfood) is one easy and flavour-packed way to boost your nutrition this winter.

If you're brave enough to fire up the grill in the cold, try it!

1. For the compote, combine 1/4 cup of the blueberries, the brown sugar, and water in heavy small saucepan. Simmer over medium heat until the berries burst, stirring often, about

5 minutes. Fold in the remaining berries. Cook until the compote coats the back of a spoon, stirring often, about 8 minutes. Cover and keep warm.

2. For the smoked salmon, soak the cedar plank for at least 1 hour in warm water. Keep it soaked longer if time permits. In a shallow dish, stir together the oil, mustard, brown sugar, onions, and garlic. Place the salmon fillet in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to 1 hour.

3. Preheat the grill to medium heat. Place the plank on the grate. The board is ready when it starts to smoke and crackle just a little. Place the salmon fillet onto the plank and discard the marinade. Cover, and grill for about 20 minutes. The fish is done when you can just begin to flake it with a fork. (It will continue to cook after you remove it from the grill.) Slice the salmon into 2-oz portions. Serve each one with 1 tablespoon warm compote.

NEWS CANADA/ UNIVERSITY OF CALIFORNIA, BERKELEY EXECUTIVE CHEF DON CORTES

Ingredients

Blueberry Compote

- 1/2 cup fresh Chilean blueberries (divided in two)
- 1 tbsp brown sugar
- 1 tbsp water

Smoked Salmon

- 1 (12-inch) untreated cedar plank
- 1 tbsp vegetable oil
- 1 tbsp grainy mustard
- 1-1/2 tbsp brown sugar
- 1 tbsp chopped green onions
- 1/2 tsp minced garlic
- 1 lb salmon fillet, skin remove



Blueberries are naturally fat-free, high in vitamin C and rich in potassium and fibre. NEWS CANADA

Appetizer. Smoked Salmon Potato Bites



1. Preheat oven to 350 F (180 C). Line baking sheet with foil.

2. Cut potatoes in half lengthwise. Trim tiny slice off bottom of each potato half to form a flat surface. In bowl, toss potatoes with oil, salt and pepper. Arrange on prepared baking sheet.

3. Bake in centre of oven for 50 to 55 minutes, turning once. Cool on baking sheet to room temperature, about 30 minutes. Meanwhile, use zester to create long strands of lemon rind; set aside.

4. Cut salmon into 60 equal pieces and roll into small coils. Dollop crème fraîche equally over the flattest side of potato pieces. Arrange a salmon piece

on top of each. Top each with a radish slice, a piece of lemon rind and a piece of chive. Arrange on platter and serve.

PRESIDENT'S CHOICE

Ingredients

- 1 bag (680 g) PC Ruby Little Gems Red Mini Potatoes
- 2 tbsp (25 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/8 tsp (0.5 ml) freshly ground black pepper
- 1 lemon, scrubbed
- 1 pkg (150 g) PC Smoked Wild Sockeye Salmon
- 1/2 cup (125 ml) crème fraîche
- 5 or 6 radishes, thinly sliced
- 5 chives, cut in 1-inch (2.5 cm) lengths



Leafs centre Tyler Bozak scores the shootout winner on Red Wings goalie Jimmy Howard at the NHL Winter Classic on Wednesday in Ann Arbor, Mich. STEVE RUSSELL/TORSTAR NEWS SERVICE



Red Wings captain Henrik Zetterberg and Maple Leafs goalie Jonathan Bernier bundled up for Wednesday's big game along with 105,491 hockey fans. GREGORY SHAMUS, JAMIE SABAU/GETTY IMAGES



U.S. Olympic team

'Full-circle' moment in Michigan

Before Phil Kessel and James van Riemsdyk were top-five NHL draft picks, they were kids heading off to the U.S. National Team Development program.

Kessel left Madison, Wis., in 2003, and van Riemsdyk left Middletown, N.J., to make the trip to Ann Arbor. It wasn't easy.

"You're in your comfort zone. You're coming out here and there's no promises as far as what can happen," van Riemsdyk said. "For me it was almost the start of my journey."

Kessel and van Riemsdyk excelled there and eventually developed into stars with the Maple Leafs. On Wednesday they were named to the U.S. team heading to the Sochi Olympics.

"Obviously it's an honour," Kessel said Tuesday. "Whenever you get a chance to represent your country it's a big deal."

That the announcement happened at Michigan Stadium, down the street from where Kessel and van Riemsdyk grew into men on the ice, made it special.

"It's kind of crazy how it comes full circle," van Riemsdyk said.

THE CANADIAN PRESS

Bozak the boss of the Big House

Cool competition.

Leafs beat Red Wings in shootout at chilly, snowy Winter Classic

Mike Babcock wasn't on the ice at Michigan Stadium, so seven minutes into the Winter Classic the Detroit Red Wings' coach asked star Pavel Datsyuk how he thought things were going.

"He said, 'Well, we're being too careful with the puck,'" Babcock said. "But he said, 'We got to be because you're scared to turn it over, there's so much snow.'"

Snow built up throughout



John-Michael Liles plays soccer to warm up on Wednesday at Michigan Stadium. TORSTAR NEWS SERVICE

Winter Classic

3

Maple Leafs

2

Red Wings

the frigid game, which the Toronto Maple Leafs won 3-2 in a shootout to jump ahead of the Red Wings in the standings. The conditions didn't make for the prettiest game, but the spectacle of a capacity crowd of 105,491 in Ann Arbor set a picturesque scene.

"I don't know if you would

Old time atmosphere

"To me, today was a home run for hockey."

Red Wings coach Mike Babcock



call it a gem from a pace standpoint," Leafs coach Randy Carlyle said. "The weather definitely changed the way it was presented with the snow coming down, and it brought back a lot of memories from a childhood of playing outside."

Tyler Bozak scored the shootout winner in an event that set the NHL attendance record and might have been enough to make the Guinness

Book of World Records. It was -11 C at puck drop. James van Riemsdyk and Bozak scored for Toronto and Daniel Alfredsson and Justin Abdelkader had markers for Detroit.

"The NHL did a good job keeping the ice as clean as possible," said Leafs captain Dion Phaneuf. "It's an experience. It's an outdoor game — in the middle of winter you're going to have snow." THE CANADIAN PRESS

Trade. Buds swap blue-liners with Canes

Tim Gleason figures to be a better fit for Randy Carlyle's system than John-Michael Liles, so the Toronto Maple Leafs made the trade to upgrade their blue-line.

The Leafs got Gleason from the Carolina Hurricanes in exchange for Liles and prospect Dennis Robertson.

"With Gleason, we feel that he can come back into a hockey environment where we can support him with the style of play that I think suits his style," Carlyle said. "We want him to be a guy that can come back in and move the puck. He's a big man. We just want him to make a contribution."

The Leafs won't ask the 30-year-old Gleason, who has just one assist and no goals in 17 games this season, to contribute on the power play or on offence much, in general. He has two more seasons at a cap hit of \$4 million US left on his deal.

THE CANADIAN PRESS

4-SPORTS

Hockey. Injured Stamkos rehabbing toward first Olympic appearance

Steven Stamkos continued to skate towards his Olympic dream Wednesday, hoping that he can recover from a broken leg in time for the Sochi Games next month.

Stamkos skated in Vancouver after his Tampa Bay Lightning squad held a morning practice in preparation for a game against the Canucks.

After undergoing surgery, he is hoping to fast-track his return in time to represent Canada at the Games for the first time in his career. He aims to be ready to play with the Lightning before he goes to Russia.

"It's at the stage now where you make so much progress the first four or five weeks and now it's about maintaining that, getting stronger, working out in the gym, going on the ice and trying to make sure you feel better every day, and I



Steven Stamkos is hoping to return in time for the Sochi Games.
MIKE CARLSON/GETTY IMAGES FILE

am, so it's definitely positive," he told reporters.

Stamkos was leading the NHL in scoring when he was sidelined after crashing into a goalpost on Nov. 11 against Boston.

THE CANADIAN PRESS

Hockey. Luongo 'feeling good' after December injury, nearing return

Goaltender Roberto Luongo expects to return to the Vancouver Canucks lineup soon and should be back in game shape in time for the 2014 Winter Olympics.

Luongo took part in his first workout with the team Wednesday since suffering a "lower-body" injury Dec. 22 against Winnipeg.

"This is my first team practice, so I'm feeling good," said Luongo after a morning skate in advance of Vancouver's game against the Tampa Bay Lightning. "Everything's progressing really well right now."

Luongo indicated the problem is not overly serious, but he was still not healthy enough

Lower-body injury

"It was an Evander Kane shot down the wing that originally got me a little bit.... I tried to stay in the game a few more minutes and then kept feeling it ..."

Canucks goalie Roberto Luongo on the injury that has kept him off the ice

to play against Tampa Bay. Edie Lack drew his third straight start, and fourth appearance since Luongo got hurt, while minor-league call-up Joacim Eriksson was given the backup assignment. THE CANADIAN PRESS

Formula One star

Schumacher still in a coma after skiing accident

Formula One great Michael Schumacher's condition was stable but still critical overnight as he remained unconscious following a brain injury suffered in a skiing accident, his manager said Wednesday.

Sabine Kehm told reporters that Schumacher's condition has not changed since doctors said he showed

small signs of improvement on Tuesday following his second operation.

Schumacher, who turns 45 on Friday, suffered critical head injuries when he fell and struck a rock while skiing Sunday morning during a family vacation at Meribel in the French Alps. His 14-year-old son Mick was with him and a group of friends when the accident happened in a small, rock-strewn area.

The seven-time F1 champion has since undergone two brain operations and remains in a medically induced coma. THE ASSOCIATED PRESS



Wide receiver Tony Lippett of the Michigan State Spartans reaches the ball out for a touchdown in the fourth quarter of the 100th Rose Bowl on Wednesday in Pasadena, Calif. STEPHEN DUNN/GETTY IMAGES

Spartans stand tall to topple Stanford

Rose Bowl. Michigan State tops Cardinal with help from clutch backup Elsworth

When Kyler Elsworth soared over the pile to deliver the final hit of Michigan State's season, the storybook ending came with a moral.

After so many years outside the spotlight, the Spartans are in nobody's shadow anymore. And for the first time in 26 years, they're Rose Bowl champions.

Connor Cook passed for a career-high 332 yards and hit Tony Lippett with a tiebreaking 25-yard touchdown pass early in the fourth quarter, leading No. 4 Michigan State to a 24-20 victory over No. 5 Stanford on Wednesday night in the 100th Rose Bowl.

Michigan State's FBS-best defence capped a dominant season with one more old-school performance befitting the centennial celebration of the Granddaddy of Them All. The Spartans (13-1) yielded just 159 yards in the final three quarters, and they closed it out by stopping Stan-

Big Ten

10

Michigan State finished the season with 10 straight victories.

ford fullback Ryan Hewitt on fourth-and-one near midfield with 1:46 to play.

Elsworth, the fill-in starter for suspended senior line-backer Max Bullough, hurdled the pile and flew into Michigan State lore with a spectacular head-on tackle.

"When I saw their offen-

sive linemen's stance, I knew the way to make a play was to go over the top," said Elsworth, the game's defensive MVP. "I was hoping they would run a play like they did on their fourth down. It's a one-in-a-lifetime play. We proved we could play on the big stage on the national level."

Cook also threw a TD pass to Trevon Pendleton, and Jeremy Langford rushed for 84 yards and a score as the Big Ten champion Spartans overcame their first double-digit deficit of the season.

THE ASSOCIATED PRESS

Coach not letting U.S. win go to juniors' heads



Team Canada head coach Brent Sutter at practice Wednesday.
FRANK GUNN/THE CANADIAN PRESS

Brent Sutter seemed to be in a nasty mood at practice the morning after Canada's biggest win so far at the world junior hockey championship.

The veteran coach was barking orders and slamming his stick at missed plays on Wednesday, as if his team had lost the night before instead of pulling out a 3-2 victory over the defending champion United States to take first place in its preliminary-round group.

But the shouting had a

Rematch

Canada beat the Swiss 4-1 in an exhibition game Dec. 23

tactical side.

He didn't want his team feeling too good about themselves heading into the single-game knockout part of the tournament.

Canada plays its quarter-final on Thursday against the

Swiss, who finished fourth in the other group, but have shown they can pull off upsets against teams that take them lightly.

On paper, it's a game Canada should win handily, but that may be what Finland thought when they lost to the Swiss in a shootout in their final round robin game.

"They're a disciplined hockey team," said Sutter. "They've kept games close."

THE CANADIAN PRESS



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